

A New Dimension To
**ULTIMATE
HEALTH**



A New Dimension To Ultimate Health

No Fluff, Just Actions

Introduction & About Me	6
Macronutrients.....	8
Understanding Your Body	13
Digestion	16
Water and Hydration.....	19
Sleep	21
Motivation and Mindset.....	23
Exercise	30
Your Fat Loss Programme.....	32
Intermittent Fasting.....	44
Supplements	45
Final Thoughts	47

No part of this book may be reproduced in any form or by any electronic or mechanical means, including information storage and retrieval systems, without written permission from the author, except for the use of brief quotations in a book review.

Introduction & About Me

I'm Sharon Morrow. I own a Fitness Studio in Northampton that offers 90 day transformation programmes to clients in pursuit of a better life.

My passion for health and fitness started at school, I was a swimmer and cross country runner and competed in many events representing my school and clubs. I never really took it too seriously, it was just something I did.

After I finished school it came natural for me to choose Sports Therapy at college and after a year of hard study, physical education and massage, I entered the fitness industry like a cannon ball. I trained clients at a private health club, taught group fitness sessions and eventually progressed to Personal Training.

It was here where I met Husband. We got married in 2006 and I became pregnant a year later with our Son. I continued to workout and teach fitness sessions to 38 weeks pregnant and Charlie arrived 2 weeks later. I planned 7 weeks off for maternity leave and it was during that time my life changed. I wasn't able to go and do my own thing anymore! My intentions to get straight back into fitness during mat leave were totally blown away by endless washing of bottles, baby grows and bibs. Not to mention the complete lack of organisation each day, in fact, making appointments to be anywhere before lunch time just wasn't going to happen. I had to get my act together and fast. I was due back at work in 7 weeks and had no idea how I was going to do it. This was the reality check I needed. Life was busy, health and fitness was my core, my son became my vision.

Fast forward 18 years and New Dimensions Fitness Studio opened its doors. (I wish I'd done this sooner, but I'm a great believer that everything happens for a reason and it was meant to happen at this time of my life) It was a lightbulb moment really and during this time I realised Personal Training wasn't just about seeing a client for an hour each week and drilling their asses into the ground. It was about helping them discover who they are, reviewing their whole life and offering a solution to their problems through coaching, education and support.

I've become addicted to helping people transform, grow and develop into who they really want to be. It's with great pleasure I share with you the strategies I use to help you do the same.

This book covers everything you need to implement the changes you need to take back control of your life and address your nutrition, mind and fitness. You have the ability, knowledge and power to make a change to your life that your future self will thank you for.

Welcome to

A New Dimension To Ultimate Health ...No Fluff, Just Actions

Inside you will find all you need to know to burn body fat, optimise your health and improve your lifestyle and be happier within your own skin.

Please read the introduction first to gain a better understanding of how your body works, the effect of food on your body and identifying your own body type and the impact it will have on your fat loss journey.

The human body is truly amazing, learn to love it for all the good it brings you.

I wish you all the best,

Sharon

Chapter 1

Macronutrients

Macronutrients are nutrients that provide us with energy and are vital for our everyday living. There are 3 types:

- Carbohydrates
- Protein
- Fat

The calories (or energy I prefer to say) that we gain from these macronutrients is:

- Carbohydrates - 4 calories per gram
- Protein - 4 calories per gram
- Fat - 9 calories per gram

The only other fuel source we gain calories from is alcohol which is 7 calories per gram but this isn't a macro nutrient as we don't need it for survival.

So going by the above, you're thinking, carbs and protein ok, but steer clear of the fat as there's over double calories per gram. Am I right?

We always think of fat as the enemy but it isn't, it's an essential part of our diet, yet so many of us are lacking in it. What I emphasize through this programme is, eating fat doesn't make you fat. Your macronutrient intake has to contain all 3 otherwise you have an imbalance.

So why do we need them and what do they do?

Carbohydrates

Every carbohydrate you eat bread, pasta, cereal, potatoes, rice, fruit, dessert, sweets etc. is eventually converted to a simple form of sugar (glucose). In essence, when you eat a bagel, your body is getting the equivalent of a handful of sugar cubes. If you source about 60% of your calories from carbohydrates (as many nutritionists, doctors, and other misguided souls recommend,) your body will be subjected to the equivalent of 2 cups of pure sugar a day.

Carbohydrates are primarily responsible for enabling fat storage, it is not difficult to see why the majority of us are overweight. This is largely due to the pancreas releasing insulin

to help lower your blood sugar. In doing so we get a signal to the brain that we're hungry, so we eat another carb based sugary meal or snack and the cycle continues. This is known as spiking.

You Don't Need Carbohydrates to Survive

Your body does not require carbohydrates in the same way that it needs protein or fat to function. Carbohydrates are not used as structural components in the body; instead, they are used only as a form of fuel, whether burned immediately or stored as glycogen or fat. While your body quickly malfunctions without ample amounts of fat or protein, the actual amount of carbohydrate your body requires from food is zero.

The brain is the only organ that needs glucose, roughly 130 grams a day. However, while your brain runs on glucose, you do not need to EAT glucose to provide it with the glucose it requires; your liver has the ability to transform 58% of the protein you eat into glucose. As such, eating plenty of protein supplies the liver with the raw material to manufacture glucose on its own.

Protein

Protein is part of every living cell in your body and vital for growth, repair and development of tissue and bones. It also makes up many hormones and plays a vital roll in the antibodies that fight disease.

Protein is divided into 2 groups

Complete - Meats, fish, poultry, eggs and diaryproducts

Incomplete - Cereals (quinoa not sugar puffs!), legumes (peas and beans), fruits and veg

Complete proteins come from animal sources and incomplete come from plants. Proteins are also made up of long chains of amino acids. There are 20 different types, 8 are essential 12 are non-essential. All 8 essential are found in complete. The remaining 12 are incomplete. It's vital we get our essential amino acids for bodily functions as listed above. If you're vegetarian you can get all 8 by eating a mixture of incomplete proteins.

Protein is the most important macronutrient for reaching and maintaining your ideal body composition. It gives a tremendous boost to overall health, improving immunity and antioxidant function, building HDL (good) cholesterol, and enhancing insulin function. In addition, protein facilitates the message to the body to feelsatisfied.

Protein has a powerful thermogenic effect, meaning it revs up your metabolism and helps you burn calories. It also makes you feel fuller than carbs or fat do, so you tend to eat less than you would if your meals were mostly carbs and fat.

Protein stimulates your pancreas to produce a hormone called glucagon. Glucagon's job is to increase your blood sugar and promote the mobilisation of previously stored fat. Meaning as you burn food reserves between meals, high levels of glucagon are helping remove the layer of fat from around the waist, thighs, hips etc.

On the other hand high glycemic load (carbohydrate rich meals) suppresses glucagon secretion. This means the stuff that mobilises stored fat (glucagon) isn't there, but the hormone that promotes storage (insulin) is... even worse for your waistline!

If you want to curb hunger and lose weight rapidly without deprivation, eat more high-quality protein – I recommend 1.5-2 grams per kilograms of your body weight daily.

As long as you eat plenty of vegetables and fruits, it is nearly impossible to eat too much protein.

Fat

Lipids - the most complex of all! Many are scared to eat it as it contains 9 calories per gram, it is however, an essential macronutrient. Its role within the body is to;

- Protect organs
- Control temperature
- Uptake and storage of fat soluble vitamins (Vit A, D, E and K)
- Energy production
- Growth, development and repair of body tissues

Fat has been blamed for all the world's problems including heart disease, clogged arteries, high cholesterol and obesity. But a high intake of fat isn't the problem – it's the solution. Fat consumed in food is chemically distinct from stored fat; eating more fat instead of carbs will help you lose fat.

Fats are essentially metabolically inert and have little to no impact on insulin. As a result, eating fat actually enables you to burn both dietary and stored fat as fuel. Fats protect your body, promote proper cell function, support the release of fat-burning hormones, aid in the absorption of vitamins and minerals, and add flavour to foods. Furthermore, ingesting

fat makes you feel full and satisfied in a way that eating carbohydrates does not. Because fat has little to no impact on blood glucose levels and insulin production and takes significantly longer to metabolise than carbohydrates, you feel a deep and long-lasting satisfaction from consuming generous amounts of fat.

One of the roles of fat is the uptake and storage of fat soluble vitamins. This is why we put oil on our salad to enable our body to absorb fat soluble vitamins like A,D,E and K. You might not think that's important but as Vitamin A (retinol) is essential for eye health, vitamin D is essential for calcium absorption, immunity and cell growth, (vital for children and pregnant women.) Vitamin E is an antioxidant, essential for protection and finally vitamin K plays an essential role for blood clotting (Ladies - this is why you have the jab after giving birth) and bone health.

The 4 Types Of Fats

Saturated ~ Solid at room temperature and typically found in meat, fish, poultry, dairy and tropical oils like coconut oil, palm oil and cocoa butter. Despite what health authorities dictate, saturated fat is the healthiest of all 3. This fat plays a vital role in your body chemistry like strengthening your immune system and fighting cancer. Saturated fats are also involved in kidney function and hormone production.

Monounsaturated ~ This type of fat is found in olive oil, eggs, nuts and avocados. One of the most beneficial reasons to consume this type of fat is because it helps insulin sensitivity and can help reverse the symptoms of type 2 diabetes. The Mediterranean diet is still considered the healthiest in the world and they consume lots of olive oil.

Polyunsaturated ~ The structure of this fat is different from the others and has often been processed in some way leaving it chemically unstable. Polyunsaturated fats consist of vegetable oil, rapeseed oil, soy, peanuts and are inflammatory. The western diet already consumes too much of this type of fat so be extra cautious on consumption.

Trans Fat ~ The worst possible fat and should be avoided at all costs. This is an industrial fat that's found in baked goods, margarines and anything that is packaged with a long shelf life. It increases your LDL (bad cholesterol) and decreases your HDL (good cholesterol)

What Makes Us Fat Then?

Excess carbohydrates that act as a catalyst for fat gain. You may recall that the carbs you eat are converted to sugar, raising your blood glucose and causing the release of insulin which signals your body to store fat. As a result, your liver starts converting excess blood

sugar to triglycerides, or fat. Once digested, carbs become fat. You can see a diet low in fat isn't healthy, we just need to make sure it's the right fat we're getting. Trans fats are the worst kind and should be avoided otherwise we will become unhealthy as well as overweight.

Why You Should Care About Insulin

Your body can either store or burn fat, but not both at the same time. The level of the hormone insulin in your blood dictates whether your body will burn fat (called lipolysis) or store it (called lipogenesis). Specifically, when insulin is released, your body is unable to release fat from your fat stores.

The primary role of insulin is the storage of nutrients. Insulin also regulates the level of sugar in the blood, induces fat storage, and performs thousands of other tasks within the human body. In excess, insulin can make you hungry, moody, sleepy, bloated, or light-headed. It can also elevate cholesterol, raise blood pressure, cause your body to retain fluid, wreak havoc on your arteries, and convert sugar into fat.

Chances are if you're reading this book it's because you want to either lose weight, lower your body fat, feel leaner or generally find the truth about diets and nutrition. Do you feel that you're gaining weight each year but your diet and exercise regime hasn't changed? In most cases, weight gain occurs because you have developed insulin resistance (also known as metabolic syndrome) an extremely common condition that results from long-term overconsumption of carbohydrates.

Here is the cold, hard truth: If you are overweight, then you are probably insulin resistant already.

Your body's constant battle to regulate your spiking blood sugar (the sugar high) with floods of insulin (the sugar crash) eventually causes your system to malfunction. Insulin essentially stops working correctly as your body doesn't recognise the purpose of its secretion, resulting in your pancreas pumping out more and more in a desperate bid to lower blood sugar. This abundance of fat storing insulin causes you to become fatter and fatter despite eating the same foods you have for years.

Take a look at teenagers for example, they can drink gallons of fizzy drinks and eat pizza, chips, crisps, chocolate and doughnuts without gaining weight. This is because their insulin sensitivity is still intact. It's only as they age their insulin resistance eventually kicks-in and by mid thirties they will suddenly start gaining weight. Followed by other diseases like high blood pressure, increased cholesterol and an expanding waistline.

“The doctor of the future will no longer treat the human frame with drugs, but rather will cure and prevent disease with nutrition.” ~Thomas Edison

Understanding Your Body

There are 3 main body types:

- Endomorph
- Ectomorph
- Mesomorph

One popular method of categorising all the body types is called somatotypes: ectomorph, mesomorph and endomorph. You must be able to recognise roughly your body type. The fitness industry has grown and in my experience the three body types weren't accurate to classify people, therefore, you may feel you belong to 2 of these body types; ecto-mesomorph for example.

Your genetics predispose you toward one of the three body types. However, it's possible to see people getting closer to a different body type than their original one. Dedication into your training and your lifestyle means everything.

Ectomorph

Characteristics

Naturally thin, small bone size, long legs and arms, narrow feet and hands and tend to have protruding joints with very little fat storage. Ectos usually have a small amount of a muscle mass and a high metabolism, which makes weight/muscle gains a real challenge. Try to conserve nervous energy and get lots of sleep with relaxation techniques.

Nutrition

The main goal of an ectomorph is gaining weight and this task is hard. You will usually have a high metabolism, which helps turn foods into energy easily and quickly. If you want to build muscle, your goal will be to mainly increase your daily carbohydrate intake, as well as a higher caloric intake overall

Training

Your main goal if you're an ectomorph is building muscle mass to become firmer. You won't have enough strength and endurance to do long training sessions so keep them simple and brief.

Training session suggestions

- Perform Compound Movements (multi-joint) like squats, lunges, press ups and pull ups or rows. This will build more muscle mass and increase overall strength.
- Lift moderate to heavy weights and aim for 6 to 10 repetitions per set. You should feel fatigued by the last rep on the 1st set, if you don't the weight wasn't heavy enough. Perform
- Avoid prolonged cardio to avoid burning too many calories. The goal is to gain weight, remember!

Mesomorph

Characteristics

The mesomorph has a solid muscle structure has low body fat and great strength. You usually have a high metabolism like an ectomorph but your nutrition can also be high in calories. This body type is genetically gifted and the most desired

Nutrition

Mesomorphs are often able to eat what they like and have a high carbohydrate tolerance level so concentrate on consuming protein as training gains will be quick and this is a good source of recovery and development of muscles

Training

Building muscle for a mesomorph isn't difficult and gain will be quick. However, be cautious not to coast and include different types of exercises that are challenging.

Training suggestion

Mix compound (multi-joint) exercises like squats, lunges, press ups and pull ups as well as isolation exercises like planks and wall sits. Cardio session should be included and separate to weight training sessions

Endomorph

Characteristics

The endomorph is usually round and has a soft midsection wide hips, short limbs and high body fat. Endomorphs have a slow metabolism, so put weight on very easily and can't get away with eating treats or missing training. Endomorphs need to watch what they eat in order to get results. You will also find it hard to keep fat off once you've lost it, lack energy and feel sluggish frequently.

Nutrition

An endomorph often has a slow metabolism and has greater amount of fat cells. Endomorphs can build a lot of muscle, but they will have to watch what they eat in order to keep their body lean. Therefore carbohydrates should be low, with protein and fat consumption high.

Training

This body type requires more attention to specific training than any other and this is why you should be dedicated into your diet and workouts.

Training suggestions

- Compound exercises like squats, lunges, deadlifts, presses, pulls and rows.
- Frequent training and regular daily activity is essential for gains.
- A good amount of cardio training especially HIIT (High Intensity Interval Training) Endomorphs have to be consistent and active for 7 days a week. If you're this body type I highly recommend scheduling all your activities in your diary and look for ways you can be more active. Your gut plays a major role in your immunity and health. Some 80-85% of your immune cells is located within your digestive system.

Chapter 3

Digestion

Did you know your gut is the largest sensory organ in your body? Your gut has a huge network of nerves and is constantly relaying messages to your brain. It is so clever that your gut is often referred to as your 'gut brain'.

The huge ecosystem of trillions of bacteria weigh about six pounds. Some of the bacteria are beneficial and some are harmful. The good bacteria helps to digest your food, create nutrients, and protect you against toxins. Without them, your health would be in the toilet (no pun intended.) The bacteria is separated from the rest of your body by the gut lining who's main job is to let in the vital nutrients from your food and keep out all the harmful ones such as toxins and undigested food particles from the rest of the body.

For your gut to be healthy, you need:

- Healthy gut flora, which means you have lots of good bacteria (probiotics) and not much bad bacteria.
- Tight gut junctions that only allow good nutrients to pass through the gut wall barrier but prevent all bad substances from getting by.

Without both, your immune system will be compromised and your gut health will suffer.

Common Gut Issues

Leaky Gut

Bad bacteria produces toxic substances. Such bacteria damages the integrity of the gut wall barrier, making it permeable for toxins to leak through. Once the toxins get circulated into the lymph and bloodstream, they cause problems in various organs in the body, especially the brain and skin. Leaky gut has been associated with many brain disorders like ADHD, autism, various learning disorders, Alzheimer's, depression, obsessive-compulsive disorder, and anxiety as well as skin conditions such as acne, eczema, and psoriasis.

When you have a leaky gut, partially digested foods also get through the gut wall into the bloodstream, where the immune system recognises them as foreign and attacks them. This is how food allergies and intolerances develop. In many cases, when the gut wall is

healed, food allergies naturally disappear. Given what we know, it is not at all surprising that a number of studies show that the integrity of the gut barrier plays a major role in many autoimmune diseases like Hashimoto's, type 1 diabetes, and rheumatoid arthritis.

Leaky gut may lead to nutritional deficiencies as it interferes with the proper absorption of proteins, fats, carbohydrates, B vitamins, and other micronutrients.

Low Stomach Acid

The most likely cause of this is stress which reduces stomach acid production and overuse of heartburn drugs that neutralise stomach acid or suppress its production.

In a healthy situation when your body can produce enough acid, the stomach is extremely acidic in the presence of food. The pH can be as low as 1 and the acid will destroy most of the harmful bacteria in the food. However, if you don't produce enough acid, the pH can go up to 4 or 5 and this may allow the bad bacteria to survive and thrive within your intestinal tract.

Abnormal Gut Flora

Candida infection is a direct result of abnormal gut flora. Common causes are over use of antibiotics (also found in commercially raised meats, milk, and eggs) that have a devastating effect on the good bacteria, and a diet high in sugary foods and processed carbohydrates and lacking in fermented foods, which are rich in live cultures that can help inoculate the gut with good bacteria.

Some people with an abnormal gut flora may experience gastrointestinal symptoms such as bloating, belching, abdominal pain, diarrhoea, and constipation. More and more research is now linking Irritable Bowel Syndrome (IBS), Crohn's disease, and ulcerative colitis to an abnormal gut flora.

Strategies For Healthy Gut

To improve your health you first need to heal the digestive tract, so it stops being the major source of toxicity in the body. Then remove the toxins that have already been stored in the body. The following are some diet and lifestyle recommendations:

- A gluten-free diet. It is especially important if you have Celiac disease or are gluten intolerant.

- Reduce or eliminate sugar and processed carbohydrates in your diet. Stop all fizzy drinks, fruit juices, and energy drinks. Avoid starchy vegetables and beans. These foods result in a surge of insulin, something we discussed in chapter 2.
- Avoid dairy. Most people with a gut problem cannot digest lactose (a milk sugar). Try going dairy free for 30 days and see if your condition improves. When you re-introduce dairy, start with well-fermented milk products such as yogurt, kefir, and natural raw cheeses that are largely free of lactose.
- Just to note a small portion of people with leaky gut cannot digest casein (a milk protein) properly. If so, avoid all dairy except clarified butter or ghee which has minimal casein or lactose.
- No soy products. Unless the soy has been fermented and is organic, it is not a healthy food.
- Restore the proper balance of gut bacteria by eating cultured dairy like yogurt. Or if necessary, take a daily probiotic supplement especially after a course of antibiotics.
- Buy grass-fed meats and organic produce. Do not continue adding to your body's toxic load by consuming more chemicals.
- Drink plenty of clean, filtered water. Many people are chronically dehydrated. Proper hydration helps with your bowel movement and elimination of toxins and wastes. Aim for a minimum of 2 litres every day.
- Exercise regularly. The more you sweat, the more you flush the unwanted contaminants and toxins out of your pores. Also, consider using sauna therapy for detoxification.
- Get a good night's rest. This is the time your body gets to regenerate and rejuvenate itself.
- Don't worry, be happy. Optimists tend to have lower stress levels than pessimists. Remind yourself to always focus on the positives. Find ways to mitigate or better handle your stress. Try breathing exercises, meditation, tai chi, or yoga.

The nutritional plan provided with this book eliminates gluten and dairy during the detox phase. When you gradually introduces these foods back in, it's a good idea to record how you're feeling and if you experience any symptoms of intolerance.

Chapter 4

Water and Hydration

A lack of sufficient water can make it harder to lose fat because of the damaging effects to health when you lack enough water in your body. It also interferes with the essential functions involved in your body's metabolism of fat.

Water makes up at least 2/3 of your body, more than 85% of your blood, assists in the absorption of water soluble vitamins, minerals, and other nutrients from the foods you eat. Drinking plenty of water helps your kidneys function better at removing toxins, weight and other wastes from your body.

In addition to its aid in metabolic function, drinking plenty of water can have major benefits in other parts of health, like regulating your body temperature, keeping your blood thin to prevent complications from clotting and hypertension, plus it helps keep your joints and muscles well lubricated. The role of water in keeping your skin healthy and preventing headaches.

One of the most important links between water and weight loss is that it can make your stomach feel full so it's a good idea to bring a large glass before you eat any meal. Using this method also avoids overeating. Be aware your brain can sometimes send signals that you are hungry if you are deficient in water, so drinking plenty can help your brain distinguish better when you are actually hungry.

You can test this out for yourself by drinking a glass of water the next time you are feeling hungry. After five minutes, you should feel less hungry. If you don't, you know it is true hunger and you probably didn't eat enough during your last meal. My suggestion is to carry a bottle of water with you and drink consistently throughout the day.

It is important to understand that even a small individual needs at least 2 litres of water per day under normal circumstance. There are other factors that can increase your water needs like how active you are, how much you sweat and how much tea and coffee you drink.

The reason why you need to be careful with caffeine and fizzy drinks is that they are diuretics. This means that they cause your body to give up the water it would normally hold on to for normal body function. You can get some extra water out of fruit and vegetables but the amount you get is not sufficient enough to alleviate your need for your daily requirement.

If you carry a bottle of water with you at all times it's more likely you're going to stay hydrated. Try to use a filter system or bottle if you're filling up from the tap. It's important to know that filter or bottled water is alkaline and regular tap water is acidic. For optimal health it's better that your body's pH level is slightly alkaline than acidic.

Symptoms of Dehydration

The most common unrecognised symptom of dehydration is headaches. If you have a lot of headaches, you may be shocked to find out that just drinking more water reduces your chances of developing one. If you aren't visiting the loo every two hours, you're probably dehydrated. Likewise if your urine is dark yellow any time other than when you first wake up, you may be dehydrated.

Unhealthy skin or rough, dry skin that doesn't bounce back when you pinch it can also be a symptom of dehydration.

Lack of water can also lead to loss of strength or stamina and is the main cause of heat exhaustion. If you're exercising outside in warmer weather you will need to consume more than your daily average amount just to stay hydrated.

Chapter 5

Sleep

For many, this could be one of the most important chapters in this book. Almost every client I have trained has either a problem with sleeping or they simply don't get enough. If you're the first of the two I've mentioned above and you struggle to sleep, drop off to sleep or wake up during the night, then chances are you're stressed and the hormone cortisol is interfering with your sleep cycle.

It's a vicious cycle because when you're stressed you don't sleep and when you don't sleep you're stressed. I will cover that later in the chapter but first lets understand more about sleep cycles and why it's important.

Sleep is the only time your body gets to recover so if you are physically active it's essential you get a good night of zeds. Your brain is quite active at night so if you've ever used a sleep tracker you'll see the different phases of light and deep sleep. These are actually more important than the duration of sleep you're getting. You could sleep for 8 hours every night but if you're only going into deep sleep for an hour, chances are you'll wake up feeling tired and irritable.

Sleep architecture is 90 minutes cycles of Rapid Eye Movement (REM) and non-REM. During the active sleep phase (REM) your eyes move back and forth under the lids and your brain is very much like when you're awake. You will normally dream in this phase and your heart rate and breathing will increase. This phase should occur within the first 90 mins of sleep and account for approximately 25% of our total sleep.

The other 75% is non-REM and there's typically 4 stages to this phase. The first stage is drowsiness where you're beginning to drop off. Stage 2 is the onset of sleep and your body temperature drops. Stages 3 and 4 are the most important as your blood pressure drops, muscles relax and your body begins the process of repair.

One way to judge whether you're getting enough sleep at night is to assess how you're feeling the following day. Are you short tempered, lacking concentration, craving unhealthy sugary foods and need more zzzzzz's than a power nap to revive yourself? Chances are you're not getting enough!

If on the other hand you're up till gone midnight, looking at laptops , tablets, mobile phones etc, you're probably disrupting your natural sleeping rhythms and it's only a matter of time before irregular sleep patterns become the norm.

Below are 10 ways you can improve your quality of sleep.

1. Avoid screens from electrical devices. If you must use them after 9:30 pm, try dimming the screens or use the night-time/night reading function.

2. Sleep in a pitch black room with no lights from charging devices or standby lights visible.
3. Make sure your bedroom isn't too hot. You will sleep a lot better if the room is cool at night.
4. Power nap in the day if you need to but keep the duration to approx 20 mins so you're just in the light sleep phase. If you go too long you'll wake up groggy.
5. Invest in a good quality bed/mattress/pillows. It's important you are comfortable so spending £20 on a good quality pillow is a good investment.
6. Avoid caffeine in the evening.
7. Wear ear plugs if your environment is noisy or an eye mask if the room is too light.
8. Use a meditation app like [calm.com](https://www.calm.com) and select the sleep programme. You can choose the duration of each meditation.
9. Have a calming drink before bed. I tend to find a warm vanilla latte does the trick nicely.
10. Try to write a "thoughts journal" before bed so you can dump all the thoughts in your head and clear your brain of any worry.

Recipe for vanilla latte (non-coffee)

Froth up some coconut milk, add a tsp some coconut oil and vanilla paste. Alternatively some vanilla protein works equally well. Mix together and drink before bed.

What is Cortisol?

Cortisol is a hormone that is released by your Adrenal glands in response to stress. It's typically higher in the mornings to help you get out of bed and ready for the day ahead. As the day goes on its release gets lower in preparation for winding down and sleep. However, if stress is still present and triggers a release, cortisol production doesn't get shut off.

Your body responds to this energising release and you'll find it difficult to relax and unwind. Instead you'll feel the urge to buzz around getting things done until late in the evening.

Some stress is recognisable like an upcoming event, weddings or Christmas are typical of this. Other times you may not be able to tell so much and is often linked to other physical conditions like leaky gut, IBS and inflammation (see chapter 3 Digestion). Chances are if you suffer with these conditions, you will be a bad sleeper and are suffering from some kind of stress.

Chapter 6

Motivation and Mindset

Before you begin your fat loss journey, it's important you have the right mindset and motivation to be able to continue your new lifestyle. There is no expiry date to this formula of nutrition, exercise and healthy living. It is an endless journey with highs and lows along the way and there will be times that are challenging, but with persistence, and consistency you will start to notice the changes and feel healthier immediately.

It's imperative you take photos and record your non-scale victories too as quite frequently the number that shows up when you step on the box of doom isn't telling you anything other than your force against gravity. Remember you could lose a lb of fat and gain a lb of muscle. This won't show on the scales and will only make you feel unsuccessful and like you've haven't achieved anything.

I'm asking you to consider all the other health benefits like more energy, less lethargy, reduced inflammation and a lower risk of chronic disease, before you give yourself a hard time for physical changes being slower.

If you've abused your body for years, expect that initially it may be a shock to the system but, you can change your life in just 1 second. That second is when YOU make the DECISION to.

Goal Setting

TASK

Please do not ignore this section, it's so important for you to spend a little time setting some personal goals. I know you can think of these in your head but that just doesn't cut it. It isn't enough to properly direct you to reach your target. Your brain works just like a computer processing the information it receives. It's your subconscious part of the brain that determines whether you reach your goals or not. If you're thinking in your head 'I wanna lose some body fat, tone up and be fitter' that isn't specific enough for your subconscious mind.

Imaging a ship setting sail, your conscious mind is the captain and your subconscious mind is the engine room. The captain gives out orders like "go west" so the engine room steers west. The engine room cannot see what the captain can, they're just obeying orders and reacting to instructions. Unless the Captain gives out specific directions and instructions the engine room are just going to drift west and could miss the destination.

This is why your goals should be written down for you to see and read daily. Think of how many times you look at your phone or tablet. It's as simple as writing down your goals, taking a photo and uploading it as your screen saver.

*** Stop what you're doing, go find a pen and paper and write down your goals ***

To help you really drill down on them, try using the SMART formula below.

Please follow these steps and **DO NOT** skip this part!

Specific - Start by writing down a goal you want to achieve in the next 12 weeks. Think about why you want this goal and write that down too. Now ask yourself the following two questions:

- Have you had this goal for longer than 10 years?
- If so, why haven't you achieved it yet?

Be really honest with yourself here and try not to brush over the surface. I want you to go really deep and find the REAL reason you have this goal and why you've been unsuccessful in the past. Once you have the personal reason why, it will make you accountable for it. If you do this part properly and are honest with yourself, you increase your chances of success. You may even find this part quite emotional.

Measurable - You need to be able to measure your goal otherwise you won't know if you're getting closer to it. For example, if you want to run 10k by the summer. Start by logging the current distance you can run, the duration, your emotional and physical state at the end of your run. Work out how much you need to improve by each week and record the above again. Not only are you creating your training plan, you're giving yourself smaller realistic goals that are achievable.

Alternatively if weight loss is your goal, is there an upcoming event that you have? If you're losing 1-2 lb per week you can measure your progress each week.

Attainable - If you've done the above correctly you will know if your goals are achievable or not. If your goal is weight loss, we know that 2lb a week is achievable and realistic. Therefore, it would take approx 7 weeks to lose 1 stone. Goals should be achievable to reach once they're broken down. If they're not, go back to be more specific.

Relevant - Is the goal worthwhile? Will it meet your needs? Let's use the 10k running goal example. If you're only planning on running once a week, will this reach expectation? Will it be enough to implement the changes and improvements to take place? Will adding an extra run per week help you achieve your goal more?

Likewise with your weight loss goal. Are you able to say to the office feeder "no thanks" when he/she walks in with a tray of baked goods, rather than "oh just one won't hurt"?

Time - Are you being realistic with the time frame you've set out? You will need to set a deadline otherwise you'll have the chat within your head of moving deadlines and convincing yourself it doesn't matter if you're a month out. 6 months is adequate time to train to run 10K, if you're struggling to implement the training or keep to your plan, be flexible in your approach. Don't be afraid to re-evaluate all of the individual points above.

Once you have completed the above, you can move on to the next category.

It's all well and good setting your goals and feeling terrified and excited at the same time, but remember they don't mean a thing if you can't implement the actions, time and effort into achieving them.

The most important part of the next phase is to take action!

It's no good setting a goal and reading what you've written everyday, to do nothing about it. You must take action to move you closer to your target. This is something that lies within you, even if you get no support from anyone else around you. Start to schedule in your workout sessions in your diary like appointments. Do not cancel them, arrange other activities and events around these sessions. You're now on your way to creating a good habit.

After 1 month your new habit will be starting to feel like a routine and eventually 2nd nature. It's important you build this new lifestyle change and try to associate your workouts with seeing results, this way your subconscious mind builds a neuro-association to pleasure and joy rather than feelings of dislike and pain. Will power is like a muscle, it can get tired and stop working, so relying on this alone isn't enough. The reason you're creating your good habits are for when will power is low (which it will be at times) you'll fall back on to the good habits you've set.

Self Image & Belief

The driving force of the human mind is to stay congruent with the ideas you hold of yourself. Meaning that everything you do is driven by an underlying belief you carry about WHO YOU ARE...

If you have an underlying belief system that you struggle to lose weight, that getting rid of body fat is excruciatingly hard work, then no matter how much progress you make, you will find yourself back at your baseline (or even worse) because you didn't make the

necessary inner change that needs to happen first. Knowing yourself is the first step to change. Who knows you better than you know yourself? Only you know what truly goes on in your head, and the thoughts and beliefs you have about yourself and the world around you.

Confidence, self-confidence and self-belief are all internal, they don't have to rely on external justification, and yet ironically this is where most people look for boosting their self-esteem, other people. Think about all the bad thoughts and negative beliefs you have about yourself. It could be anything, your hair, your work performance, what your best friend said about you five years ago, all of it. Can you see how these negative beliefs affect your self-belief? They drag you down and stop you from implementing change, or taking action

Many of the negative beliefs you've picked up about yourself and the world around you, have come from other people, and these beliefs have formed your self-belief. Whether you believe you're attractive, or whether or not you think you deserve to be loved, all have roots in someone else's thoughts, not yours.

You can change your self-belief and you must start with saying "I am..." rather than "I am not..."

- Are you happy with your life?
- Are you suffering from low self-esteem?
- Do you ever say to yourself "I'm not good enough"?
- Do you want to like yourself again?

Then choose today to make the change because the Power of thought is incredible, it's the most potent form of energy.

- Watch your thoughts, they become words.
- Watch your words, they become actions.
- Watch your actions, they become habits.
- Watch your habits, they become your character.
- Watch your character, it becomes your destiny.

"A man is but the product of his thoughts - what he thinks, he becomes." - Mahatma Gandhi

We are able to control our thoughts. We can use our mind and practice the process of thinking. We can make ourselves think thoughts of what we want to be or have.

We can choose to think as an optimist and have a positive view on life or we can choose to think as a pessimist.

TASK

Imagine yourself in the company of an 8 year old child who is extremely upset. This child is telling you how unhappy he/she is with him/herself. The child has such low self esteem they are telling you how much they dislike themselves.

What would you say to this child?

Really pause for a moment and think about what you would say to comfort this child and reassure them. Please take a moment to write down the things you would say.

Read back what you have written and now visualise yourself as the 8 year old child. These are the things you're going to be saying to yourself daily.

If it helps, write your positive words on a post-it note and attach it to the bathroom mirror, or somewhere you can see and read these comments everyday.

It's so important to talk to your subconscious mind in a positive manner.

You may find this hard initially but over time it will get easier. I want you to think of your inner self as having 2 wolves at war and they begin to fight. One is vicious, evil, angry, envious, regretful, greedy, selfish and arrogant that wallows in regret, sorrow, self pity and a false ego. The other is good, happy, hopeful, kind, compassionate, generous and truthful that radiates love, peace, empathy, faith and serenity.

Which one wins?

The one you feed.

Lastly, try to remove people or things from your life that pull you further away from your goal. Let's return to your subconscious mind again and becoming aware of what you are programming yourself.

How frequently are you on Facebook? It is so addictive isn't it? Do you check it first thing in the morning? When you're stationary at traffic lights? While you're eating, on the train, during your lunch break or even when you're on the toilet? I'm guilty of this at times but I have carefully selected my news feed and the content I see. Remember your subconscious mind is absorbing everything you read, so if you have connections who are negative or drain the life out of you, remove them immediately.

Start to fill your environment with positivity and don't be afraid to have a cull of anyone or anything that is unhelpful or negative.

Try to avoid writing on social media your goal or what you are doing about your lifestyle change at first. The reason for this is because it's important to keep your road ahead as clear as possible. People like to comment on everything. Some will be supportive, others will be a distraction and tell you what they're doing or what they have done and how it's worked for them blah, blah, blah. All of a sudden that clear road ahead now looks a little more like spaghetti junction.

Make it easy for yourself, not harder!

Instagram is certainly becoming more popular and is really motivational if you follow the right people. There are lots of bloggers you can follow for great recipe ideas. A few of my favourites are Madeleine Shaw, Deliciously Ella and Hemsleyhemsley.

Avoid following the celebrities and bloggers who continually take photos of their abs, butt or other body parts that make you feel inferior. It's a massive illusion that looking like this will make you happy. It won't. I've had many clients say they want to look like a certain person and have a ripped defined body. To achieve this goal it means ultimate dedication, hard work and is very time consuming. Unless you have plenty of time, a family who will support your vigorous gym routines and strict nutrition (even on social occasions,) then go ahead write it as a goal. However, for many, the reality of the situation isn't what will make you happy at all. In fact, you'll discover it's about being the best version of yourself that brings true, long lasting happiness.

Likewise with magazines, pick them wisely or don't bother buying them. If you ripped out all the advertisements in each one you bought, I'm pretty sure you'd be left with about a quarter of the content. The world we live in has gone digital so you can find great content online for free. Many bloggers have their own websites and update it frequently so find your favourites and subscribe to them... Mine included! www.newdimensionsfitness.co.uk shameless plug I know, but the content you will receive is going to help your journey and will always be up to date.

Mindfulness

This is last part I'm going to cover before moving onto the nutritional plan. It's really helpful to be mindful of your personal environment and understand that planning and organisation is key for your success.

TASK

Picture the scene; You wake up and role out of bed after snoozing the alarm twice. You have to get ready for work, walk the dog, feed the kids and sort out packed lunches all before the school run.

You head to work, having skipped breakfast and drink 2 cups of coffee to see you through till mid morning, where you eat the sugary cereal bar that's in your office drawer for 'emergencies'.

Lunch time arrives and you head off to the canteen to be greeted by carb loaded meals or sandwiches that make you feel so bloated and sluggish that you're falling asleep at your desk by 2:30pm. The only fix available to you for this is another coffee and something else that's sugary to eat.

By the time you return home, walk the dog, feed the kids, you open the fridge to cook but have no inspiration or desire to make anything. Dinner is down to what's in the freezer and while you wait for the oven to heat up you snack on tortillas because you're starving. Before you know it you've opened a bottle of wine to end a hectic day.

Sound familiar?

This is CRAZY!!

How much different would it be if the situation was different?

Imagine over the weekend you'd gone shopping or ordered it to be delivered. You'd washed and prepared all your veggies for the week ahead and planned your dinners and made your lunches up until Friday.

Mornings are still a little chaotic so you have a smoothie ready to have either when you're walking the dog or on your way to work.

After work you complete a workout because tonight's dinner is in the slow cooker and will be ready for you when you return home. 20 minutes later you're sat down eating feeling rather smug about your achievements.

Completely different to the first scenario isn't it?

Your stress levels are lower and your body appreciates your organisation. Your reward is energy and vitality.

Taking responsibility and control of your lifestyle before you embark on the nutritional elements are crucial to your success.

As the saying goes "*fail to prepare, prepare to fail*"

Chapter 7

Exercise

Some people love it, some people hate it! That's partly why I've chosen to put this chapter after the mindset and motivation. Exercise follows the same rules as nutrition, you can't just do it for 2 weeks and expect to be fit, nor can you do it for a year and expect to keep all your gains if you quit. It's essential you include it in to your lifestyle, the same as you would brush your teeth everyday.

Why?

There are a million reasons - in fact that could be another book altogether, so for now let's focus on what you can change and implement, then how to do it. Starting with...

Longevity

Why wouldn't anyone want to live for as long as possible (unless your health was very poor, but I gather you bought this book because you want that to change.)

It's well documented that being fit brings along a wealth of benefits like being able to undertake tasks that you encounter each day. This is known as ADL's (activities of daily living) Simply, being able to walk to the shop, run for a bus, doing the housework and so on. The more active you are as a person the easier these tasks become.

Before you skip this section and jump for joy that you can consider cleaning the shower as exercise, that isn't what I'm saying at all! It's just an activity.

If you do tasks like this each day and want better results from being active, the next thing to consider is increasing your...

NEAT

Non-Exercise Activity Thermogenesis. Basically the amount of movement you do that isn't exercise. If you have a job that restricts you to sitting down for 8 hours a day, then chances are your NEAT is low. Can you do anything to change this? Could you walk or cycle to work instead? Take a walking lunch break or meeting? Park further away from the office, take the stairs rather than an elevator, or get off the bus a stop earlier? Try to really assess what you could do that will bring more activity into your lifestyle.

Just by actioning the above 2 points, you are already on your way to better health. But is that enough?

In my opinion, no, not on its own. Your body only changes if you stress it. I'm referring to good stress here and not the bad. Exercise naturally encourages the release of certain hormones, including cortisol (stress hormone). The secretion you get at the end of your workout is natural and different from the elevated release connected to stressful lifestyle and working environments you endure throughout the day.

But what exercise is best?

Anything that stimulates your metabolism like HIIT (High Intensity Interval Training), circuit or interval training, weight lifting and exercises that use multiple joints and muscles at the same time. Quite often these are ones that are horrible like burpees, press ups and lunges. However, the benefit of doing them far outweighs the discomfort of each repetition.

The good news with this type of training is you don't have to do it for a long duration. If the intensity is right you should only be able to work to a maximal output for 30-45 seconds. Taking a short recovery of 15-30 seconds will be sufficient time to regain enough energy to repeat the exercise. That means even just 20 minutes a day is achievable for even the busiest of people to implement this into their lifestyle.

It was believed the best way to burn fat was long durations of cardiovascular exercise, but this isn't the case and often people who spend hours on treadmills and cross trainers are wasting valuable time if their goal is fat loss. Steady state cardio training actually uses the least amount of energy possible and is catabolic (encourages muscle wastage by breaking down organisms). For optimal results your training needs to be anabolic which promotes muscle building and boosts your metabolism.

A point I must make if you're a female reading this. Please don't think lifting weights will make you look like Arnold Schwarzenegger, it won't for 2 reasons. One, you don't produce enough of the hormone Testosterone to be able to support this type of muscle growth and two, it takes years of gruelling training 7 days a week with an extremely strict nutritional regime. I'm quite confident this isn't something you want to do, otherwise you would've brought a book on body building. I have been lifting heavy weights for 18 years and don't look that way. Instead you will find your body is firmer and has shape and definition.

If you would like some examples of this type of training, you can subscribe to my [YouTube channel](#) where there are many FREE workouts for you to do at home. You will also be notified each time a new workout is uploaded.

Lastly, try to explore different activities and remember to keep a good variety to prevent boredom. Maybe get a workout buddy or hire a Personal Trainer to help you achieve your goals sooner.

Your Fat Loss Programme

There are 3 steps to your programme:

- **Phase 1 Detox**
- **Phase 2 Revive**
- **Phase 3 Lifestyle**

Days 1-10 of starting the nutrition plan are known as the detox and are the most important.

It is in this first step that your carbohydrate intake is at its lowest and you will be getting these macros from vegetables.

In this detox stage the body will be recovering from all the processed sugary food it has been accustomed to and removing toxins that are stored in the fat cells.

By cutting out processed foods and bad carbohydrates, the body will be in an optimal fat burning state and this, along with exercise is the ideal way to loose fat quickly and keep it off.

Once the detox stage is over you can start to introduce more natural carbohydrates including some fruit. If step one has been done correctly the body will be able to process sugar better, and can handle a certain amount of sugar as long as it comes from the correct source.

Phase One - Detox - 10 Days

The first 10 days are very important, this period is very strict and has to be completely free of processed carbohydrates. The aim of this stage is to detox the body from all the bad processed foods and put back the building blocks for good health.

On the 11th day it's cheat meal day!

For one meal that day eat and drink whatever you want, so if it's fish and chips and a massive cream cake, enjoy!

Cheat Meals

Cheat meal time comes around every 5 days (after detox phase), if you want to make it more infrequent than that, once a week or just on special occasions is fine. If you want to make the most of it and cheat every 5th day then that is equally fine.

The only cheat meal rules are:

- Still try to have a good serving of protein
- Make it a meal and not a day

Phase Two - Revive

After the first 10 days of the plan, the body will have entered a fat burning state. So now is the time to start re-introducing some natural carbohydrates which will not be stored as fat but used as fuel.

The foods you can start to re-introduce to the plan include:

- Berries - raspberries, blueberries, strawberries (only eat fruit during the day, no fruit after 4pm)
- Sweet potato
- Red, brown and black rice
- Goats cheese
- Full fat Greek yoghurt (not flavoured, add your own toppings like crushed nuts, honey and cinnamon)

Phase Three - Lifestyle

The nutrition plan is not a diet, it is a lifestyle

Try to keep up the good eating habits so you can continue to see good results. We also need to make it realistic to fit your lifestyle.

By now if you have followed the steps correctly you should have lost a fair bit of body fat, be feeling better and your body should be using the food you eat as fuel and not to store as fat.

It is important you stick to your new eating habits and don't revert back to old ways, remember it is a lifestyle change not a diet! You can also start to add other fruits but with caution if you're still looking to lose body fat. Try to follow the rule of 'an apple a day keeps the doctor away'. This is because fruit will be made into glycogen and increase your blood sugar which in turn produces insulin. (Remember this hormone promotes fat storage) The best time to eat fruit is before a workout as you will use the glycogen as fuel rather than storing it. Avoid fruit after working out as you ideally need to restore glycogen in the liver and fruit won't do this. Choose a combination of protein and carbohydrates, like whey protein powder with non dairy milk, eggs or a meal like chicken/prawn salad with olive oil.

Choose a good quality whey protein powder with little or no artificial sweeteners, an organic one or raw vegan one.

Tracking Your Macros

This is important so you can clearly see how many calories you need to consume and from what macronutrient. The most accurate method is using the Harris Benedict Equation. You will need to know your height and weight first to work out your BMR (Basal Metabolic Rate) and once you've input all your data the calculation will give you your calorie goal to reach each day. This is known as your TDEE (total daily energy expenditure.) If you want to lose body fat, take 10% off this figure.

Tracking your carbs, protein and fat daily, is one of the best ways to see exactly what you are consuming and if you're lacking in any macronutrient. You can either do this by writing a food log or using an app like My Fitness Pal. The app is by far the easiest way to track your data as you can completely customise the settings.

For fat loss my advice is to set your calories as calculated using the Harris Benedict Equation and set your macronutrients goals to: Protein 40%, Fat 40 % and Carbohydrates 20%. You can do this by selecting more > goals > calorie and macronutrient goals. Adjust the default settings to your requirements.

Once you have set your data, begin to record everything you eat and drink daily. This will indicate if you need to increase or decrease any macronutrient. Keep track by monitoring your nutrition in the pie chart icon. It will give you a breakdown of the protein, carbs and fat you have consumed and how much left you need for your remaining meals.

I have included an example of mine below:



Important: I use this with my clients as the first step. Not everyone is the same and how you respond to food will be different to how I do. Personally, my body prefers fat as my main fuel source. I feel the best when my carbs are low and my fat is high. However, you may not, so it's vital you record how you feel after each meal. In particular

- Are you satisfied or craving more?
- Are you bloated?
- Are you tired and feeling sluggish?

Record your data for 7 days then analyse your findings at the end of the week. If you are unsatisfied at the end of a meal, check how much protein and fat you consumed. If you are left feeling bloated, was this too many carbohydrates on this meal? If you're feeling tired and sluggish, are you hitting your TDEE?

If you don't feel good on 20% carbs then feel free to adjust it. Try to always keep your protein at 40% but adjust the carbs and fat slider. As a suggestion you could try, 40% protein, 30% carbs and 30% fat. Repeat the same strategy as mentioned above and record your weekly nutrition with the analysis at the end of the week. If you feel good you're doing it right. If you don't, reassess and try again until you get it right for you.

Staying On Track

- Keep a daily food diary - although it may seem boring and tedious to do every day it will help you stay focused and on track. Use a log or my fitness pal.
- Make it a lifestyle change - a typical 'diet' on average lasts for no longer than a month, and consequently you will regain the fat you worked so hard to lose. Try to change your lifestyle, eating and drinking habits permanently and the result will be permanent.
- Have a goal - Goal setting is very important. Think about what you want to achieve and more importantly why. This will keep you motivated and on track.

Recommended Foods & Ones To Avoid

Below are examples of good and bad foods used during the plan.

Protein - All protein is good

Lean Beef	Venison	Cottage cheese	Beef Jerky	Rabbit and Game
Lamb	Veal	Eggs	Poultry	Avocado
Duck	Bacon	Fish	Prawns	Pork

It's important you source your protein well. Aim for grass fed cows rather than grain, free range chicken and organic eggs. The reason being is if these animals are being fed on the food you're looking to avoid then your results will be altered to. Many factory farmed products contain antibiotics and hormones that you don't particularly want to ingest.

Vegetables (Fresh Or Frozen)

The general rule of thumb is eat what grows above ground rather than under. Artichokes
Garlic

Cucumber	Beetroot	Asparagus	Green beans
Fennel	Broccoli	Aubergine	Green olives
Butternut squash	Courgette	Kale	Pak choi
Cabbage	Peas	Lettuce	Sweet potato (avoid in phase 1)
Carrots raw	Peppers	Leeks	Spring onions
Cauliflower	Sugar Snap	Okra	Salsa
Celeriac	Spinach	Rocket	Radishes

Onion	Sprouts	Celery	Red chillies
Mange Tout	Tomatoes	Chard	Watercress
Mushrooms			

Try to buy organic or better still, grow your own.

After Phase 1 you can add the following carbohydrates to your meals

Sweet potato	Quinoa	Brown rice	Black rice
Red rice	Buckwheat	Spelt	

Fruit

Fruit should only be introduced after phase one - detox the first 10 days as it is high in natural sugars.

Raspberries	Blackberries	Cranberries	Blueberries
-------------	--------------	-------------	-------------

Fats

Avocado	Oily Fish	Olives	Olive Oil
Guacamole	Nuts*	Coconut oil	Butter (grass fed)

*Nuts must be unsalted, not roasted and avoid peanuts. Peanut butter is an exception if the brand is good and contains no sugar or palm oil. (Other nut butters are also ok) Remember they're calorific so 6-8 per portion or 1-2 tsp is sufficient.

Flavours And Spices

Cinnamon	Lemons & Limes	Olive oil	Herbs fresh and dried
Ginger	Cayenne pepper	Garlic	Mustard

Try to cook using coconut oil and avoid deep frying. Olive oil is better cold than heated so use this on your salads.

Bad Foods (Foods To Avoid During The Nutrition plan)

Fruit and fruit juices are not allowed during phase one - detox - as they are high in natural sugars.

Cereals

Corn Oats Museli Barley Cereal bars

Drinks ~ All fizzy drinks and limit caffeine to 1-2 cups per day

Fruit juices Cordial Wheat Drinks Alcohol **

** No alcohol is allowed during phase one - detox. After this period the occasional glass of red wine is allowed (red wine has strong antioxidants and low insulin response)

Dairy

All low fat Fat free dairy foods Milk Cheese (except goats cheese)

Carbohydrates

Sugar - all types Sweets Bread - all types Chocolate

Cakes Doughnuts Biscuits Rice*

Pasta - all types Ice Cream Desserts Potatoes

Flavoured yoghurts Pastries and pies Baked beans Pizza

Crisps

Sauces

Salad Dressings Malt Vinegar Ketchup Salad Cream

Cocktail Sauce Brown Sauce Mayonnaise

Remember you can choose the food above if you're on a cheat meal.

Breakfast Ideas

Start each day with protein in your breakfast and try to;

- Eat breakfast within 1 hour of waking
- Take supplements; Omega 3 Fish Oil, Vitamin C and Zinc
- Drink hot water with lemon or green tea

- Chew your food and savour every bite
- Write your food diary
- If training eat 45 mins -1 hour before

Breakfast Ideas Phase One - First 10 Days – Detox

During phase one no dairy, fruit, processed carbohydrates or sugar is allowed.

- 2-3 egg omelette with kale, turkey and chopped peppers
- 2-3 venison sausages grilled with tomatoes and mushrooms
- 2-3 scrambled eggs with spring onions and baby spinach
- Morning smoothie with any green vegetables, ice and ground nuts
- 2 poached eggs with spinach, cashews and chilli flakes
- Grilled kipper with tomatoes
- 2-3 scrambled egg with smoked salmon and asparagus
- 2-3 bacon with broccoli
- 2-3 iceberg lettuce leaves filled with turkey and mashed avocado
- 2 boiled eggs with 6 asparagus spears to dip
- Sauteed prawns with sliced mushrooms, red peppers and broccoli
- 2 poached eggs with baby spinach and mushrooms
- 2-3 turkey sausage with tomatoes and rocket
- Salmon fillet, pan fried with tomatoes and courgette

If you don't like certain foods, substitute and swop to make the options better suited to your taste

Breakfast Ideas Phase Two & Three

You can now start introducing a little dairy and fruit to your breakfast

- 2-3 egg omelette with avocado, spinach and cherry tomatoes
- Greek yoghurt with crushed Brazil nuts and cinnamon
- 2-3 scrambled eggs with spinach and cashews
- Cooked prawns with mushrooms, peppers and a sprinkle of flaked chilli
- 2 boiled eggs with lettuce, baby spinach and asparagus tips
- 3 slices of lean roast beef with finely sliced cucumber rolled up in lettuce leaves

- 2 slices of bacon, 2 sausage, 1 poached egg, mushroom and tomatoes
- Green vegetable smoothie with crushed ice and ground nuts
- 2-3 egg omelette with turkey, chives, hard grated goats cheese and walnuts
- Grilled kipper with tomatoes and mushrooms
- 2 poached eggs with spinach and cashews
- Natural yoghurt with blueberries, sunflower seeds and cinnamon
- 2-3 scrambled eggs with smoked salmon and lemon
- 2-3 turkey sausage, cherry tomatoes and mushrooms

You can also choose foods from the good protein or vegetable list or eat nuts from the good fats list

Lunch Ideas

Phase One - First 10 Days – Detox

During step one remember no dairy, fruit, processed carbohydrates, sugar or alcohol

- Homemade vegetable soup
- Chicken with mixed salad, avocado, olive oil and balsamic vinegar dressing
- 2 turkey burgers wrapped in lettuce with tomato slices and red onion
- Tuna, spinach and mixed salad with lemon juice and cashew nuts
- Roast sliced chicken and tomato with guacamole and chilli flakes on a bed of rocket
- Miso soup with salmon, sliced cucumber and spring onion
- 2 bean salad; green beans, kidney beans, 2 hard boiled eggs, spring onions and walnuts
- Chicken, asparagus and Parma ham with red onions and cherry tomatoes
- Prawn salad with lemon juice
- Hot or cold turkey strips with red peppers, lettuce and red onion
- Homemade pea and ham soup with celery, carrots and onions
- Tuna nicoise salad with Dijon mustard
- Chicken and romaine lettuce wrap-ups with shredded avocado and sweet red peppers
- Mediterranean salad with any sliced cold meats

- Chicken, hummus, onion, tomato, celery and cucumber served on a bed of rocket

Lunch Ideas Phase Two & Three

You can now start to introduce a few extras to your lunch, these include sweet potato, goats cheese and black, brown or red rice

- Minced beef with salsa, chopped olives, avocado and a mixed green salad
- Homemade vegetable soup
- Chef's salad; turkey, beef and hard boiled eggs served with mixed salad
- Roast chicken slices with salsa and guacamole, cucumber and tomato
- Tuna salad with grated carrot, red onion, celery, walnuts and Greek yoghurt to mix tuna
- Homemade spinach and watercress soup
- Greek salad with goats feta
- Baked sweet potato with tuna and spring onion served with a tzatziki topping
- Chicken and avocado salad with watercress, tomato and cucumber
- Prawn salad with lemon juice
- Gazpacho tomato soup
- Ham and grated goats cheese omelette with a green side salad
- Grilled minute steak with 2 sliced tomatoes, mushrooms and lettuce
- Smoked salmon, pre-cooked prawns, lemon juice, black pepper, lettuce and tomato

You can also choose foods from the good protein, good vegetable and the good fats list.

Evening Meal Ideas

Phase One - First 10 Days – Detox

During step one no dairy, fruit, processed carbohydrates, sugar or alcohol.

- Grilled cod fillet with lemon juice, served with steamed asparagus and sugar snap peas
- Beef chilli; beef, mushrooms, chilli, onions and carrots, cooked in a slow cooker
- Chicken stir fry with cashew nuts and vegetables
- Grilled salmon steak with seared carrots and broccoli
- Turkey meatballs made with onion, garlic, salt and pepper in a tomato based sauce
- Lean beef steak with whole grain mustard and green leaf salad with beef tomatoes

- Homemade chicken and vegetable curry
- Grilled cod with lemon juice and homemade mushy peas made with fresh peas, cooked and blended with mint, butter and salt
- Beef stew with carrots and onions, served with spinach and cauliflower mash
- Chicken skewers with pesto, roasted peppers and onions
- Homemade turkey burgers served with a large Mediterranean salad
- Steamed lemon sole with seared broccoli spears and grated courgette
- Spicy chicken pieces, marinated in cayenne pepper and olive oil served with homemade ratatouille
- Beef and vegetable curry cooked in coconut milk, curry spices, onions, carrots and mushrooms

Evening Meal Ideas Phase Two & Three

You can now start to introduce a few more ingredients to your evening meals, these include sweet potato, goats cheese and black, brown or red rice

- Turkey sausage casserole, cooked in a slow cooker
- Grilled cod with lemon juice with homemade mushy peas and sweet potato baked
- Homemade pea and ham soup with celery, carrots and onions
- Turkey shepherd's pie made with sweet potato and butternut squash mash, topped with grated parmesan and served with broccoli spears
- Tuna burgers wrapped in lettuce and served with sliced tomatoes and salsa
- Lean lamb kebabs with peppers and onions, served with mixed salad
- Roast beef with horseradish sauce, served with roasted sweet potatoes, carrots, green beans and mashed cauliflower
- Grilled haddock fillet with pre-cooked prawns, served with parsley, watercress and a tomato and spinach sauce
- Spicy turkey sausage frittata with red peppers, salsa and paprika
- Shredded coconut topped roast chicken, served with steamed broccoli and garlic with a drizzle of lemon
- Grilled salmon and asparagus served with and a large mixed salad
- Beef and broccoli marinated with garlic and vegetable stir fry
- Venison burgers with Greek salad and grilled beef tomatoes

You can also choose foods from the good protein, good vegetable and the good fats list.

Snack Ideas

It is important to eat every 3 hours to stop blood sugar levels dipping. Protein and good fat snacks are essential to stop your blood sugar levels dipping. They will stop you from feeling hungry and grabbing unhealthy, quick alternatives. You also need to make sure you are drinking plenty of fluids to keep you hydrated.

Here's some healthy mid-morning and mid-afternoon snack ideas:

If you don't like certain foods, substitute and swop to make the options better suited to your taste.

- 100g chicken breast with avocado
- 100g turkey with a handful of walnuts
- 100g cold prawns with mashed avocado
- 100g beef slices rolled up with sliced cucumber
- 2 boiled eggs with celery sticks
- 100g salmon with carrots and celery
- Tuna in spring water with mashed avocado with carrot sticks
- Carrot and celery sticks with organic, non sugar peanut butter
- Raw vegetable crudities with 25g organic hummus
- Greek yoghurt with cinnamon
- 25g tzatziki with vegetable sticks
- Handful of brazil nuts
- 25g cottage cheese with celery and carrot sticks
- Plain natural yoghurt with crushed nuts
- Vegetable juice with crushed ice
- Handful of mixed seeds
- 40g flaked mackerel with lemon juice
- 50g flaked tuna with lemon juice

Chapter 9

Intermittent Fasting

Once you have completed the above phases and want to explore further into healthy living, you can start to look at intermittent fasting, juicing and how to control your blood sugar to avoid insulin spikes. It's handy to have a blender, juicer or nutri-bullet to be able to make your smoothies and juices.

As new research surfaces regarding Intermittent Fasting (or flexible dieting as it's sometimes known) there is strong evidence to suggest that fasting for 1 day a week can improve fat loss by allowing your digestive system to rest for up to 17 hours. In turn this gives you increased energy (your digestive system is one of the biggest energy users) better brain function and avoids the spiking and crashing of insulin hormone levels you normally get when eating every 3-4 hours.

If intermittent fasting is something you want to add into your plan, aim for 1 day a week only. It's entirely up to you which day this is on, but my advise would be to do this on one of your busier days. Remember, you will still need to plan and prepare.

How it works:

You will need to give your digestive system 17-18 hours rest so if your last meal of the day is at 9pm you wont be eating until the following day at 2pm. There are some rules that you must apply though.

When you wake up drink a pint of filtered/bottled water.

You can consume herbal teas and water during your fast. Try to drink lots as its encourages fat loss and detoxification.

On your detox day, to break your fast you need to consume a green smoothie then eat 10 minutes later.

After your you have broken your fast you'll be consuming greens, protein and fats. No fruit or root vegetables allowed on this day.

Intermittent fasting is something you may want to experiment with. If it isn't right for you there is no need to force it into your lifestyle. It's only an option for you to explore if you feel you have a) reached a plateau b) want to add variation c) using as a cleanse after a holiday.

Supplements

I'm not endorsing supplement companies just briefly touching upon this subject as I believe many people lack the essential ones. The ones I've listed below are recommendations for you to optimise your health and required daily.

These are:

Omega 3 Fish oil: Your body needs essential fatty acids (EFA) to function correctly, sadly the western diet is quite high in omega 6 so I recommend balancing it out with a good quality Omega 3 fish oil that contains DHA (Docosahexaenoic acid.) DHA is essential for the function of the brain and can help reduce the symptoms of insulin resistance, arthritis, inflammation and Alzheimer's disease.

You can find ESA in anchovies, bluefish, herring, mackerel, salmon (wild has more omega-3s than farmed) sardines, sturgeon, lake trout, tuna, walnuts and flaxseeds. You would have to eat rather a lot to get the ratio right between the 2 omegas therefore supplementing omega 3 is very beneficial.

Magnesium: 80% of the population is deficient in magnesium and if you're a regular exerciser you will need 10-20% more than the daily requirement. Our soil quality has also changed over the last 35 years therefore crops are lacking the levels of magnesium that your grandparents consumed.

The best oral supplement to take is magnesium glycinate.

Vitamin C: This supplement isn't just for boosting the immune system or treating the common cold. The water soluble antioxidant helps the growth and repair of tissues in the body. Studies also shown its effectiveness when taken directly after exercise to coincide with the release of human growth hormone (HGH).

A good quality slow release oral capsule of a minimum of 500mg a day up to a maximum of 3000mg if you're particularly active.

Vitamin D: A fat soluble vitamin required by the body to assist calcium absorption, bone and cell growth. Natural sunlight will spur your body on to make Vitamin D. This vitamin is essential for bone health, immunity and fighting depression. Just 20 minutes a day in

natural sunlight is enough to feel the benefit without the risk of harmful skin damage, but can prove difficult to get this during the winter months.

Being deficient in vitamin D increases your risk of osteoporosis and contributes to insulin resistance. (see chapter 1) This condition is often linked to type 2 diabetes.

Oral supplementation can help with energy levels and reducing inflammation.

Final Thoughts

After your body adjusts to high-quality food, your subconscious will learn how these foods make you feel. You might realise that the crappy foods you used to crave aren't nearly as good as you remember and these gut bombs will probably make you feel like death. In that case, there's no need to eat them if you find the cost/benefit ratio undesirable.

For that reason and for the sake of your overall health, I encourage you to continue to seek the highest quality food you can find. If you love burgers, don't get it from the van in the lay-by but from the best hamburger house in town. If you love pizza, get it fresh from an amazing Italian restaurant, not from Domino's or Pizza Hut.

Try to explore cookbooks that offer alternative ingredients instead of refined sugars. I personally love Madeleine Shaw, Deliciously Ella, Sarah Wilson, Hemsley and Hemsley, Livia's Kitchen and Jamie Olivers superfood book.

This is just the beginning of your new health journey, I wish you all the best.

Sharon



www.newdimensionsfitness.co.uk